



FRG E-NEWS

Front Line News

Meeting Locations for FRG's

A list of facilities where FRG's can hold meetings is now complete. It can be found on the last two pages of this news letter.

The facilities are organized by their location on Fort Benning and whether or not child care is available.

Questions about this listing can be addressed to:

Perry Tripp 706-545-2449

Army Family Action Plan (AFAP) Conference 8-10 Nov



Let your voice be heard!

We complain daily to our Family and friends about many different issues and get no results. If you're tired of not getting results, now may be the time to raise it up through the AFAP conference. We're looking for issues that have impact on Fort Benning or those that may have Army wide impact. If you're Active, Reserve, National Guard, a DA Civilian, a retiree or a Family member of those mentioned, you have the opportunity to have your voice heard through the Fort Benning AFAP conference at the Benning Conference Center, November 8 thru 10, 2011.

You can submit your issues in person at Army Community Service, online at www.benningmwr.com or through AFAP issue boxes placed in housing community centers and recreation centers.

If you'd like to discuss the AFAP conference or volunteer to work at the AFAP conference, contact:

Oscar Edwards 706-545-2794 email: oscar.d.edwards@us.army.mil

Spotlight

789th EOD now has an FRSA

Welcome Angela Perry!

Angela was recently hired to be the Family Readiness Support Assistant for the 789th EOD. The 789th is a small detachment of the 184th EOD located on Fort Campbell.

Angela brings experience with Family Readiness Groups and EOD to her new position.

Angela can be contacted at :
angela.s.perry@us.army.mil

Calendar of Events

October

- 5 CARE Meeting
- 13 Rear Detach CDR Trng
- 18 MRT Training
- 19 MRT Training
- 19 Facebook Forum
- 18 MRT Training

November

- 2 CARE Meeting
- 8 FRG Ldr Trng
- 29 MRT Training
- 30 MRT Training

December

- 1 MRT Training
- 7 CARE Meeting

**E-News POC:
Perry Tripp
706-545-2449**

Setting personal goals has just been made easier!

A new software application (app) came out this summer as part of the Comprehensive Soldier / Family / Civilian Fitness to help individuals set goals. Goals help Soldiers and Family Members set and achieve personal objectives that promote resiliency by strengthening one or more of the five pillars of strength that constitute the basis for developing resiliency. Goal setting assistance is available from the app by means of practical exercises; videos; goal setting tools and more.



The five pillars of strength are: 1) emotional; 2) social; 3) spiritual; 4) Family; 5) physical.

Information on the goal setting app can be found at <http://www.apple.com/itunes/affiliates/download/> or calling Samuel Rhodes Sr., 706-545-6033.



Guided Prayer Group for Couples

Group meets
15 November @ 5 – 7pm.
RSVP required.

Soldier & Family Counseling Center

Soldiers Plaza, Bldg #2606
706-545-1760



Active Parenting for Step Families

Class consists of 3 sessions,
2 hours each.
11, 13 & 20 October @ 5 – 7pm.
RSVP Required.



IMCOM MWR ARMY Entertainment

BEST

SHOW IN TOWN
THE 2011 U.S. ARMY
SOLDIER
SHOW

October 15, Wetherby Field
benningmwr.com

Welkomen

Oktobertfest 2011
Fort Benning, GA

October 21-23
Uchee Creek Activity Center
For more details of the event, visit
benningmwr.com!

Holiday Events

HOLIDAY BRUNCH
December 4
Benning Conference Center

TREES FOR TROOPS
Early December
Wetherby Field

HOLIDAY AT RIVERSIDE
December 8
Lawn at Riverside

Complete details at benningmwr.com

FORT BENNING
Tour Guide
& Post Directory

Be on the look out for
the 2012 Tour Guide
and Post Directory!





ACS

Points of Contact

Information & Referral
706-545-4043 / 7517

Family Resiliency Trng
706-545-4043

Volunteer Coordinator
Starla Desaussure
706-545-3016 / 4043

Hearts Apart Program
Lisa Marie Jones
706-545-0404 / 4043

Army Family Team
Building
Oscar Edwards
706-545-2794

Newcomers' Orientation
Christina Daily
706-545-4485



Thinking about going to work?
Here are two workshops that will interest you!



Job Strategy Workshop – 6 October & 20 November

Resumix / Resume – 20 October, 17 November, & 15 December

RSVP Required for all classes.

For more information **call Employment Readiness @ 706-545-4043**

Relocation Readiness Program

Army Community Service, Bldg #7, 7117 Baltzell Avenue

Newcomers Orientation

- Every Wednesday
- Childcare provided
- Call 706-689-8698 for reservations
- Registration starts at 0830
- Call **706-545-4485 / 4043** for info.

Hearts Apart

- ✓ Support for Families whose Soldier is individually deployed or on an unaccompanied tour.
- Call **706-545-4485 / 8783** for info.

Permanent change of Station (PCS) Brief

Monthly brief to help with moving (for Families and single Soldiers!).

Oct. 27th, Nov 17th, Dec 15th.

Call **706-545-4485 / 4043** for info.

CYSS Army Family Covenant (AFC)

Contact CYSS for information about childcare benefits for families with a deploying, deployed or re-deploying Soldier.



For more information contact:
Natalie Hodgdon, Deployment Specialist, 706-545-9267
or Parent Central Services, 706-545-2079



Army Family Team Building (AFTB)

Level I will be offered
18 November
0830 – 1630

For information and to
RSVP call:

Oscar Edwards
706-545-4043



FRG Volunteer training

Remember! FRG
training is available
anytime – day or
evening, for units &
individuals.

Call ACS:
for information
and to RSVP.
706-545-4043



COMPREHENSIVE
SOLDIER FITNESS
STRONG MINDS ★ STRONG BODIES



PHYSICAL ★ FAMILY ★ SOCIAL ★ SPIRITUAL ★ EMOTIONAL



Master Resiliency Training (MRT) Another Reaction -OR- the New Reality?

by

Deb Manning – MRT Master Instructor

It seems that everywhere we look we see the new words Resilience, Resilient, or Resiliency. It can be found in the following: Master Resiliency Training (MRT), Family Member Resiliency Training, Chaplains offer resources for emotional resiliency, MCoE Soldiers can download a Resiliency Goals Book, and an MRT Campus is being planned for Fort Benning.

Is resiliency training just the newest Army buzz word or could this be our new reality?

I have proudly served the US Army for more years that I care to admit. First as a single Soldier, next as a married Soldier, then as one half of a dual career couple, later as a proud Army wife, later still as a DA Civilian and now as a retired Family Member. As you can see I've experienced Army life from many perspectives. During my career I've come to realize two important things: 1) The only constant is change! and 2) when a situation arise, more often than not, the Army reacts to it with what amounts to a quick fix training class. When the situation is resolved or if the new solution does not prove to be effective, the original situation moves to the back burner without having the time to be fully implemented and it simply fades away to be overcome by the next issue and an appropriate Army-wide training class. Typically, these classes are about an hour in length, are mandatory for all Soldiers, and the Family Member only hears about it as the Soldier grumbles about "...another training class on...". As is often the case, family members are rarely, if ever, included in these training events.

So, the question is this, ***"Is this new MRT and Family Resiliency Training really any different?"***

The answer is a resounding **YES!!!!** – MRT / Family Resiliency Training IS different from all the others!

Unlike the traditional one-hour class that addresses a situation and offers a "one-size fits all" solution, the MRT experience is a total immersion into learning a series of 12 skills that build upon each other. During the course you gain a clear understanding of WHY a particular event(s) occurred and are given ideas as to how to change behavior to prevent the same situation from re-occurring. Adequate class time is devoted to peer group discussions and practical exercises to make the experience meaningful and relevant to your particular needs.

**To inquire about training for your unit Family Readiness Group or to speak to a master resiliency expert
call 706-545-7517 or 706-545-4043.**

Submitted by: Deb Manning, ACS Master Trainer and MRT Team member, Deborah.manning@conus.army.mil

October – Domestic Violence Prevention Events

3 rd	0900-1530	Family Advocacy Program Office (FAP) Bldg. 241, Baltzell Avenue	Pick up a free 2011 calendar planner
4 th	0900 1730	Phenix City Public Building Plaza Level of the Government Center	Phenix City Mayor, Sonny Coulter, will sign the Proclamation Columbus Mayor, Teresa Tomlinson, will sign the Proclamation
6 th	1000-1130	Bldg. 9608	New Parent Support Playgroup
7 th	1400-1700	AAFES Exchange	Visit the FAP display to receive a free book “Nothing Short of Miraculous” (a book of hope) while supplies last
11 th	1900	Country’s Barbeque on Broad at 1800	Hope Harbour Candle Light Vigil then walk to Woodruff Park
13 th	1700-2000	Chick-fil-A US Highway 280, Phenix City, AL	Spirit Night Sponsor: CCRC (Crisis Center of Russell County) Tell them you are there for the shelter
14 th		Soldiers Plaza Social Work Services, Bldg. 2625	Family Advocacy Bayonet Article and open house
15 th	0800-1400 1800	Ladonia Fire Department Phenix City Head Start Center	CCRC yard sale CCRC Candle Light Vigil
20 th	1000-1130	Bldg 9608	New Parent Support Playgroup
22 nd	0900-1500	Various Locations Chick- fil-A (Bradley Park)	CCRC Silent Auction CCRC Car Wash
24- 28 th		FAP, Bldg. 241	Receive a free Halloween bag & enter to win a giant Pumpkin full of treats



Support Group for Spouses and Caregivers

Cascade Hills is hosting a monthly support group for caregivers of Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) Veterans. The support group will be focused on helping families who are dealing with PTSD or other combat related injuries affecting families. This group is specifically targeting spouses and caregivers of our OEF/OIF Veterans.

Joy Germanos, a Licensed Clinical Social Worker employed with the Veterans Administration, will facilitate this group and be at Cascade Hills the 4th Wednesday of every month from 1100-1300 in Room 220. If you are a spouse or caregiver for someone in the military and need a support system, we invite you to attend. This resource is provided by the Department of Veteran's Affairs.

For more information please contact joy.germanos@va.gov or call (334) 727-0550 ext. 3928

MAIN POST – FRG meeting facilities with Kids-on-Site

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TIC Chapel Annex	Bldg 102, 50+ people child capacity - 40	706-545-2050	No fee**
MCoE Main Post Chapel Annex	Bldg 1480, 50+ people child capacity - 40	706-545-0938	No fee**
Sightseeing Road Chapel Annex	Bldg 2820, 50+ people child capacity - 20	706-545-2169	No fee**
Benning Conference Center	Bldg 128, 50+ people child capacity - 25	706-682-0640	See MCoE Policy Memo 215-1-13*
Freedom Hall	Bldg 2411, 100+ people child capacity - 75	706-545- 0692 / 7910	0800-1630 (M-F) No fee. After 1630 & Weekends fee for use
Family Entertainment Center	Bldg 2785, 50 people	706-527-9803	See MCoE Policy Memo 215-1-13*
Army Community Service	Bldg 7, 50+ people child capacity - 20	706-545-4043	No fee



MAIN POST – FRG meeting facilities without Kids-on-Site

Sayers Memorial Library	Bldg 93, 20 people	706-545-4911	No fee
Huddle House Restaurant	7290 Ingersoll St., 50 people	706-683-0066	fee for use

FMWR PAVILIONS – FRG meeting facilities without Kids-on-Site

Kings Pond Pavilion	30 people	706-545-7978	No fee
Twilight Pavilion	Large facility, 100+ people (3200 sq. ft.)	706-545-7978	No fee
Russ Pond(large) Pavilion	50 people	706-545-7978	No fee
Russ Pond (small) Pavilion	30 people	706-545-7978	No fee
Blue Field Pavilion	40 people	706-545-1853	No fee

SAND HILL – FRG meeting facilities with Kids-on-Site

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Sand Hill Recreation Center	Bldg 3308, 50+ people child capacity - 15	706-544-9161	See MCoE Policy Memo 215-1-13*
Regimental Chapel Annex	Bldg 3220, 35 people	706-544-9764	No fee**



SAND HILL – FRG meeting facilities without Kids-on-Site

Soldiers Chapel Annex	Bldg 3420, 45 people	706-544-9601	No fee**
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KELLEY HILL – FRG meeting facilities with Kids-on-Site

Kelley Hill Chapel Annex	Bldg 9023, 35 people child capacity –being evaluated	706-544-3070	No fee
Kelley Hill Recreation Center	Bldg 9079 child capacity - 25	706-544-3079	See MCoE Policy Memo 215-1-13*

HARMONY CHURCH – FRG meeting facilities without Kids-on-Site

Harmony Church Recreation Center	Bldg 4203, 50 people	706-626-1265	See MCoE Policy Memo 215-1-13*
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* MCoE Policy Memo, 215-1-13 (10 Dec 2010), Mission and Social Functions Conducted at Family and Morale, Welfare and Recreation Facilities or Using Family and Morale, Welfare and Recreation Unit Funds.

** AR165-1, Army Chaplain Corps Activities, (Dec 2009).

Questions regarding this list of meeting locations can be addressed to Perry Tripp, 706-545-2449.